

# Cardiovascular Disease Mortality and Risk Factors *in the Panhandle Public Health Department Region (including Scotts Bluff County)*

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## **Panhandle Public Health Department**

### Counties:

(Banner, Box Butte, Cheyenne, Dawes, Deuel, Garden, Kimball, Morrill, Sheridan, and Sioux)

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While the age-adjusted mortality rates for total cardiovascular disease, sudden cardiac death, and heart disease among residents of the Panhandle Public Health Department region appear slightly higher than the statewide rates, these differences are not significant. Consistent with adults in many Nebraska health districts, males, compared to females in the Panhandle region are less likely to consume five or more servings of fruits and vegetables daily. Additionally, males are also more likely, when compared to females, to be obese and report no participation in leisure time physical activity. Of the 18 local public health departments presented in this report, adults in the Panhandle region rank 15<sup>th</sup> lowest for having had a cholesterol screening during the past five years and rank the lowest in this category for females. Furthermore, residents of the Panhandle Public HD, aged 18-64 years, rank second highest (out of 18) in the percentage with no health care coverage at 18.4% which is significantly higher than the 11.7% for the entire state, and approximately 18.8% of females have no health care coverage, statistically greater than the statewide average of 10.9%.

## **Regionally specific supplement to:**

*Cardiovascular Disease Mortality and Risk Factors by Nebraska's Local Public Health Department Regions.* Lincoln, NE: Nebraska Health and Human Services System, Department of Health and Human Services, Offices of Disease Prevention and Health Promotion; 2005

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**Full copy available for download at: <http://www.hhs.state.ne.us/cvh>**

# Panhandle Public Health Department

(Including residents covered by the Scotts Bluff County Health Department)

## Demographic Composition

Counties	Average age	Education	Race / Ethnicity	
Box Butte, Banner, Dawes, Cheyenne, Garden, Kimball, Deuel, Morrill, Sioux, Sheridan, Scotts Bluff	38.6 years	H.S Grad / GED or higher	83.4%	Number Percentage
<b>Total population</b>	<b>Median income</b>	<b>Baccalaureate / Graduate degree</b>		
90,410	\$32,553	17.6%	White, non-Hispanic	78,280 86.6%
			Minority	12,130 13.4%

Source: 2000 Census

## Mortality and Risk Factors

### Mortality Due to Cardiovascular Disease Among Residents in Panhandle Public Health Department by Gender, 1999-2003

Cause of Death %	Total			Male			Female			Relative Risk (M:F) <sup>d</sup>
	N <sup>a</sup>	AAR <sup>b</sup>	me <sup>c</sup>	N <sup>a</sup>	AAR <sup>b</sup>	me <sup>c</sup>	N <sup>a</sup>	AAR <sup>b</sup>	me <sup>c</sup>	
Total Cardiovascular Disease	1,988	305.2	13.4	936	383.3	24.6	1,052	247.3	14.9	1.55 *
Heart Disease	1,454	224.1	11.5	724	296.7	21.6	730	169.4	12.3	1.75 *
Sudden Cardiac Death	801	121.5	8.4	380	157.3	15.8	421	94.5	9.0	1.66 *
Stroke	351	52.9	5.5	133	54.7	9.3	218	53.1	7.0	1.03

Source: Nebraska Vital Records

\* The age-adjusted rate for males is significantly higher than the rate for females (p < 0.05)

### Risk Factors for Cardiovascular Disease Among Adults in Panhandle Public Health Department by Gender, 1995-2003

CVD Risk Factors	Total			Male			Female			Relative Risk (M:F) <sup>d</sup>
	n <sup>e</sup>	W% <sup>f</sup>	me <sup>c</sup>	n <sup>e</sup>	W% <sup>f</sup>	me <sup>c</sup>	n <sup>e</sup>	W% <sup>f</sup>	me <sup>c</sup>	
<sup>1</sup> Current Cholesterol Screening	884	61.8	3.9	366	61.0	5.7	518	62.7 **	5.2	0.97
<sup>2</sup> Diagnosed Diabetes	1,683	6.1	1.3	690	6.6	2.0	993	5.6	1.6	1.17
<sup>3</sup> 5-a-day Consumption	1,062	19.7	2.6	438	11.9	3.2	624	27.1	4.0	0.44 *
<sup>4</sup> Diagnosed High Blood Cholesterol	633	30.2	4.1	258	30.5	6.3	375	29.9	5.3	1.02
<sup>5</sup> Diagnosed High Blood Pressure	909	25.3	3.2	378	23.4	4.6	531	27.2	4.5	0.86
<sup>6</sup> No Health Care Coverage, 18-64	1,161	18.4 **	2.7	502	18.0 **	3.8	659	18.8 **	3.7	0.96
<sup>7</sup> Obese	1,606	19.9	2.3	678	22.7	3.5	928	17.1	2.8	1.33 *
<sup>8</sup> No Leisure Time Physical Activity	1,465	28.4	2.7	604	30.9 **	4.2	861	26.0	3.4	1.19 *
<sup>9</sup> Current Cigarette Smoking	1,684	23.6	2.4	691	24.9	3.7	993	22.3	3.1	1.12

Source: Nebraska Behavioral Risk Factor Surveillance System

\*\* The percentage is significantly higher (p < 0.05) than all other Nebraska HDs

\* The lower bound of the 95% confidence interval for the risk ratio is greater than 1.0

\*\* The percentage is significantly lower (p < 0.05) than all other Nebraska HDs

\* The upper bound of the 95% confidence interval for the risk ratio is less than 1.0

% Specific ICD-10 Cause of Death Codes may be found in the Methodology Section of this Report

<sup>a</sup> Documented number of deaths from each cause between 1999 and 2003

<sup>b</sup> Average annual age-adjusted rate per 100,000 population (2000 U.S. standard population)

<sup>c</sup> Margin of error (me) at 95% confidence, interpreted as plus/minus the relevant age-adjusted rate or weighted percentage

<sup>d</sup> Relative Risk is the male to female rate ratio (for mortality) and percentage ratio (for risk factors)

<sup>e</sup> Non-weighted sample size for each risk factor

<sup>f</sup> Percentage weighted by gender and age to reflect Nebraska's population (using CDC's BRFSS weighting methodology)

<sup>1</sup> Percentage of adults reporting that they had their cholesterol checked within the 5 years preceding the survey

<sup>2</sup> Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that they have diabetes (excluding gestational diabetes)

<sup>3</sup> Percentage of adults reporting that they consume 5 or more daily servings of fruits and vegetables

<sup>4</sup> Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that their blood cholesterol is high, among those that have ever had it checked

<sup>5</sup> Percentage of adults reporting that they have ever been told by a doctor, nurse, or other health professional that their blood pressure is high

<sup>6</sup> Percentage of adults, 18-64, reporting that they do not have any kind of health care coverage, including health insurance, prepaid plans such as HMO, or governmental plans

<sup>7</sup> Percentage of adults body mass index value of 30 or greater (based on self-reported height and weight)

<sup>8</sup> Percentage of adults reporting that, other than their regular job, they did not participate in any physical activities or exercises during the 30 days preceding the survey

<sup>9</sup> Percentage of adults that have smoked at least 100 cigarettes during their lifetime and currently smoke cigarettes every day or on some days